

North Carolina Department of Health and Human Services  
Division of Mental Health, Developmental Disabilities and Substance Abuse Services

**NC-TOPPS**

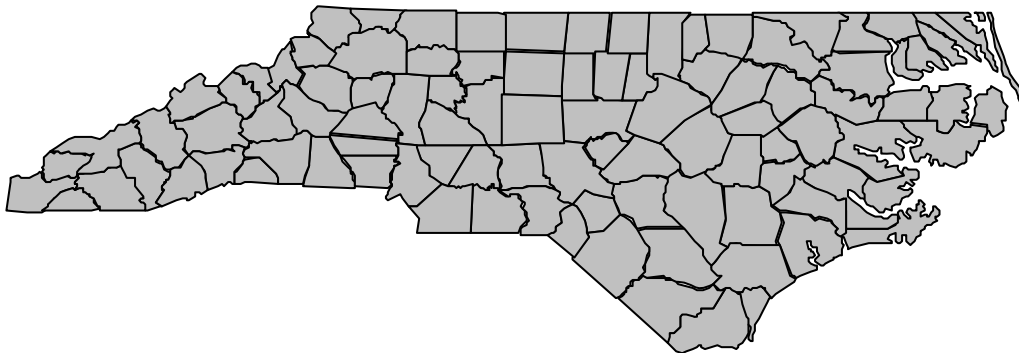
North Carolina Treatment Outcomes and Program Performance System

**Adult Mental Health Consumers:  
East Carolina Behavioral Health LME**

**Initial Interviews**

**July 1, 2007 through June 30, 2008**

This report includes consumers receiving only mental health services, and those receiving both mental health and substance abuse services.



Data Collected By:

Center for Urban Affairs and Community Services (CUACS)  
NC State University

Report Produced By:

Institute for Community-Based Research  
National Development & Research Institutes, Inc. (NDRI)

Prepared For:

Quality Management Team  
Community Policy Management Section  
DMH/DD/SAS  
NC DHHS

July 2008



## Introduction

This type of report is available to Local Management Entities, providers and the NC Division of Mental Health, Developmental Disabilities and Substance Abuse Services on data gathered for mental health consumers through the North Carolina Treatment Outcomes and Program Performance System (NC-TOPPS). It provides information gathered through the online NC-TOPPS Initial Interview and includes six pages of charts, tables and text information on mental health consumers' demographic characteristics, symptoms, behaviors and activities, service needs, supports and barriers, family and housing issues and outcome measures collected through an interview with the consumer at the beginning of their treatment. It should be noted that not every data element or response category on the NC-TOPPS Initial Interview is displayed in this report.

Please note that the charts and tables may not always match online queries that you may conduct. The data used in these reports will not necessarily reflect the same points in time. In addition, NDRI who produces these reports cleans the data and removes apparent duplicates prior to preparing the tables and charts.

Additional information about NC-TOPPS and printable version of the interviews are available at <http://www.ncdhhs.gov/mhddsas/nc-topp>

## General Information on Interpreting Tables

<b>Types of Statistics</b>	<ul style="list-style-type: none"><li>▶ A <u>count</u> shows the actual number (often designated by the letter “n” ) of clients.</li><li>▶ A <u>percentage</u> is the number of clients with a characteristic or behavior divided by all the clients in the group of interest multiplied by 100. Percentages will be designated with a % sign next to the number.</li><li>▶ An <u>average</u> is the sum of a set of numbers divided by the number of numbers in the set. When a number in a cell is an average, the word average will appear in the row descriptor.</li><li>▶ A <u>median</u> is the middle number in a set of numbers, arranged from lowest to highest. For example, the median for the following numbers: 9, 12, 12, 15, 17, 20, <b>22</b>, 23, 25, 28, 31, 35, 62 is the bolded number, 22. Medians are important measures of central tendency, especially when a mean may be skewed by a very high or very low value. When a number in a cell is a median, the word median will appear in the row descriptor.</li></ul>
<b>Missing Data</b>	For many of the NC-TOPPS forms received, a particular item or question may have been left blank. In calculating the means, medians, and percentages in cells of questionnaire items, this missing data is excluded from the calculation. For example, program X may have submitted 50 assessments but in 2 of the assessments, gender was left blank. When the percent of males is calculated, the 25 males are shown as 52% (25/48*100).
<b>Denominator</b>	The denominator for nearly all percentages is the number of cases shown on the bottom left of the page minus item missing data. All exceptions to this general rule are <b>specifically noted</b> with appropriate text in the graphic or table. This text will state which group is included or excluded from the denominator, such as "of those in the labor force" or "of those with children."
<b>Multiple Response</b>	“Multiple response” indicates a “mark all that apply” type question in which more than one response to a question is allowed. The total of responses may add to greater than 100%. Examples are health insurance or target population. This is in contrast to items such as gender where only a single response is allowed.
<b>Definitions of terms</b>	The appendix at the end of the report gives definitions of acronyms, abbreviations, and other terms used in this report.
<b>Special notes:</b>	



**Initial Assessments Received July 1, 2007 through June 30, 2008**  
**Adult Mental Health Consumers**  
**East Carolina Behavioral Health**

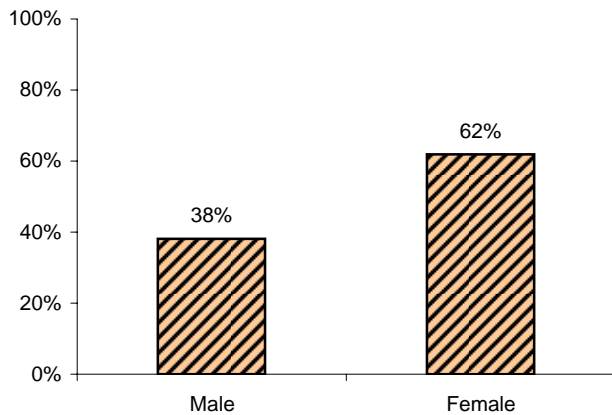
This table shows the number of consumers in this report by provider.

<b>Provider</b>	<b>City</b>	<b>ProviderID</b>	<b>Number</b>
A Better Child, Inc.	Ayden	2634	4
Allied Human Services, Inc.	Greenville	2553	1
Alpha Management Services	Roanoke Rapids	2698	3
Alternative Community Services, Inc.	Greenville	2077	3
Alternative Family Services, Inc.	Ahoskie	2694	17
Beaufort County Developmental Center	Washington	2426	5
Better Connections	Greenville	1879	16
Boys to Gentlemen	Greenville	2774	29
Bridges of Hope, Inc.	Greenville	2292	6
Bridging The Gap, LLC	Winterville	2531	6
Britesmilz	Roanoke Rapids	2305	12
CASCADE	Greenville	1719	7
Cambridge Behavioral Health Services	Greenville	1637	18
Cambridge Behavioral Health Services	Rocky Mount	2194	1
CareFocus/Carolina Habilitation Services, Inc.	Winterville	2377	11
Carter Behavior Health Services	Greenville	2312	27
Change in Heart Instead of Losing Lives (CHILL)	Ahoskie	2191	13
Change in Heart Instead of Losing Lives (CHILL)	Washington	2407	1
Coastal Children's Developmental Program, Inc.	New Bern	1306	2
Coastal Therapeutic Services	Washington	2459	29
Community Innovations	New Bern	285	1
Community Intervention Center, Inc.	Greenville	2171	1
Coordinated Health Services	Washington	2388	2
Corine's Care Management, Inc.	Snow Hill	1732	2
Dixon Social Interactive Services	Winterville	1297	45
Dominion Healthcare	Greenville	2648	2
Dove Supportive Services	Raleigh	2069	6
Down Home Interventin Services, Inc	Williamston	2632	2
Dream PCS	Washington	2367	45
Easter Seals UCP	New Bern	946	5
Easter Seals UCP	New Bern	2452	1
Easter Seals UCP, SET	Greenville	1694	11
Easter Seals UCP, SET	Greenville	1763	2
Easter Seals UCP, SET	Greenville	2623	2
Eastern Carolina Case Management, LLC	Greenville	1764	87
Enriched Living, Inc.	Greenville	1943	23
Faith Works Community Services, Inc.	Williamston	2589	19
Family & Community Resources, Inc	Farmville	2457	4
Family and Youth Services, Inc.	Conway	2309	14
HabCare Facilities, Inc.	Windsor	2832	3
Happy, Inc.	Sunbury	2252	6

Health Services Personnel	Ahoskie	2323	21
Health Services Personnel	Jackson	2282	16
Health Services Personnel	Washington	2729	2
Healthplus Therapeutic Services	Washington	2391	5
Human Resources Unlimited	New Bern	187	17
Integrated Family Services	Ahoskie	2364	29
Joseph's Community Support Services	Kinston	2723	2
Krystal's House	Pikeville	2507	1
Le'Chris Health Systems	Greenville	1682	38
Le'Chris Health Systems	New Bern	772	11
Learning Perspectives, Inc.	Greenville	1737	2
Lewe, Inc.	Greenville	1898	9
Life, Inc.	Ahoskie	2231	33
Life, Inc.	New Bern	538	3
Life, Inc.	Washington	2314	11
Life, Inc.	Williamston	2590	6
Lucille's Behavioral, Inc.	Snow Hill	1801	4
May Frances Partnership in Caring	Snow Hill	2409	8
McCloud and Associates	Winterville	2627	4
Metropolitan Counseling Services	Murfreesboro	2470	37
Middle Track United Family Services	Windsor	2220	7
NOACIN, Inc	Greenville	2212	10
New Horizons Community Support Services, Inc.	Merry Hill	2622	1
New Life Community Supports, Inc.	Ahoskie	2273	41
New Start of NC - Chandler's Home	Greenville	1778	3
PORT Human Services	Ahoskie	2536	28
PORT Human Services	Greenville	1695	55
PORT Human Services	Greenville	1863	10
PORT Human Services	Greenville	2482	241
PORT Human Services	New Bern	1093	78
PORT Human Services	New Bern	1225	29
Paradigm, Inc.	Greenville	1738	23
Parakletos Services, Inc.	Greenville	1715	1
Parent's Choice Care Services	Greenville	2439	1
Passionate Care Community Support Services, LP	Goldsboro	2685	3
Personalized Therapy, Inc.	Greenville	2274	19
Pinnacle Home Care	Greenville	1807	1
Potter's House	Washington	2483	10
Preferred Alternatives, Inc.	New Bern	182	19
Pride in North Carolina, Inc.	Greenville	1942	4
Psychotherapeutic Services - Pitt County ACTT Team	Greenville	1808	54
Pungo District Hospital	Belhaven	2389	2
RHA/Crystal Coast Therapy Services	New Bern	312	30
ReStart, Inc.	Greenville	1626	33
Riverside Community Supports, Inc.	Ahoskie	2514	23
Roanoke Valley Special Services	Garysburg	2214	19
Robeson Health Care/The Village CASAWORKS	Winterville	1536	12
Rooted and Grounded Family Home Care, Inc.	Murfreesboro	2254	24
S and M Group Services	Greenville	1774	4
Shadows Community Support Center	Robersonville	2825	6
Solid Foundation Facilities, Inc.	Ahoskie	2873	1

Stevens Healthcare Agency, Inc (aka Sky Rizer's Family Center, Inc.)	New Bern	2372	3
Sweet Pea Family Care LLC	Greenville	2644	1
Therapeutic Support Services, Inc.	Greenville	1760	1
Unified Behavioral Health, Inc.	Washington	2079	4
Universal MH/DD/SAS	New Bern	2624	1
Uplift Comprehensive Services	Windsor	2238	2
WE Family Home Care, Inc.	Murfreesboro	2384	30
We Are All Connected, Inc.	Ahoskie	2336	78
Woodland Community Support	Woodland	2253	36
Wrights Alternative	Greenville	2386	6
Total			1707

## 1-1: Gender



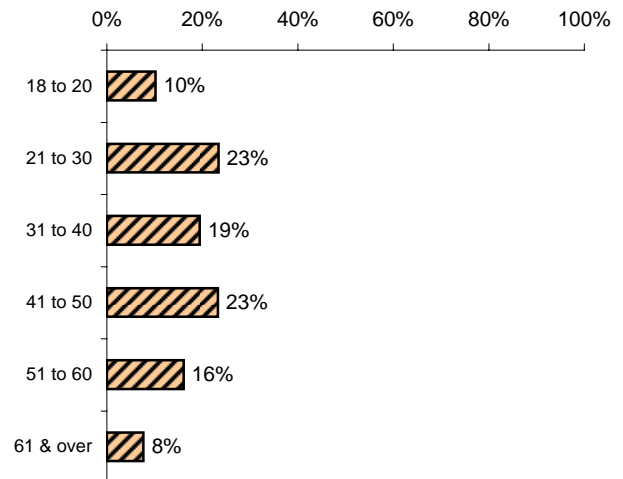
## 1-2: Hispanic Origin

Of the East Carolina consumers, 1% indicate that they are of Hispanic, Latino, or Spanish origin.

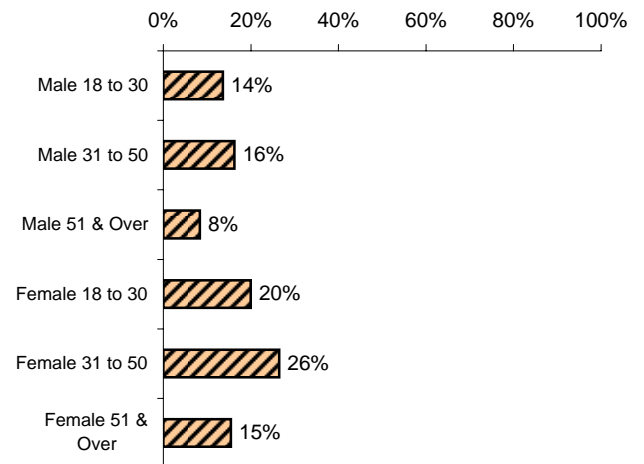
## 1-3: Race/Ethnicity



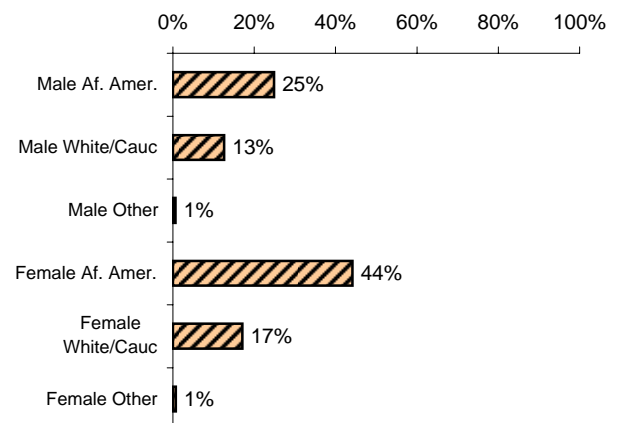
## 1-5: Age Group



## 1-6: Gender and Age



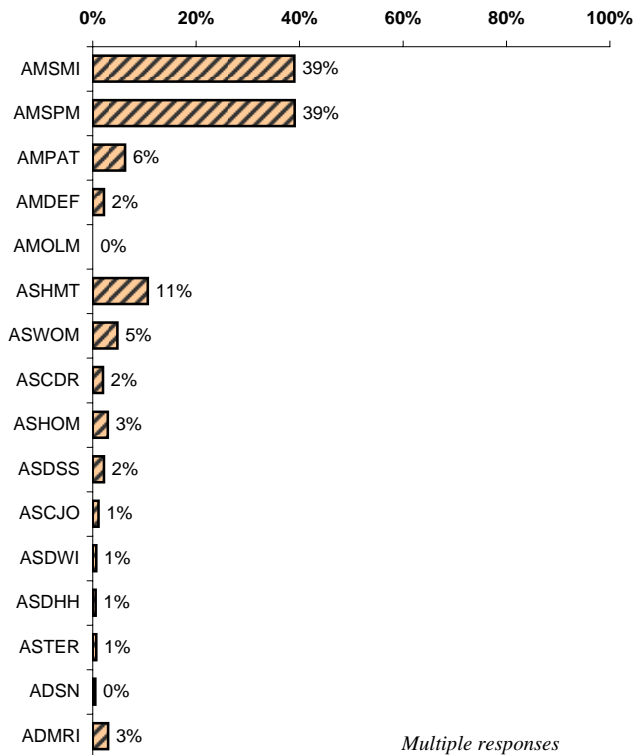
## 1-7: Gender and Race/Ethnicity



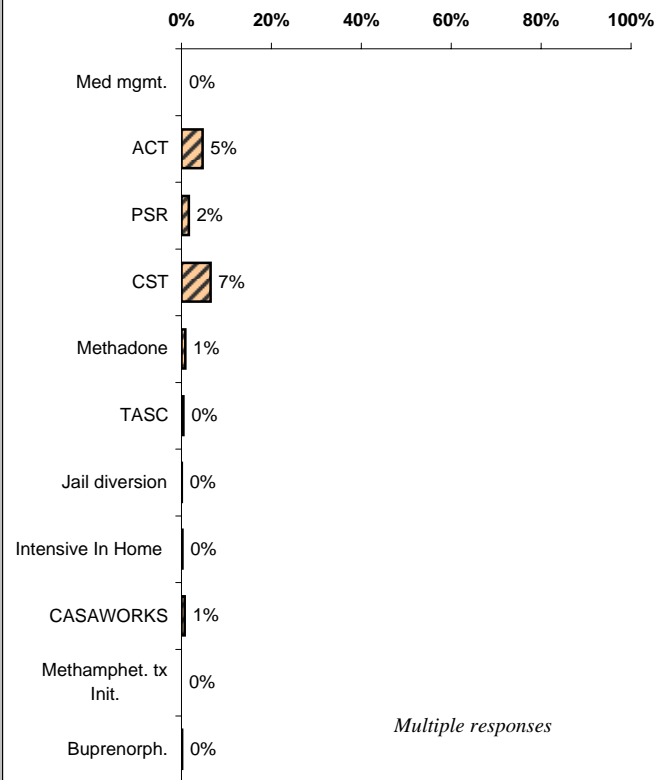
## 1-4: Legal Guardian and Designated Payee

Has designated payee	22%
Has legal guardian	9%

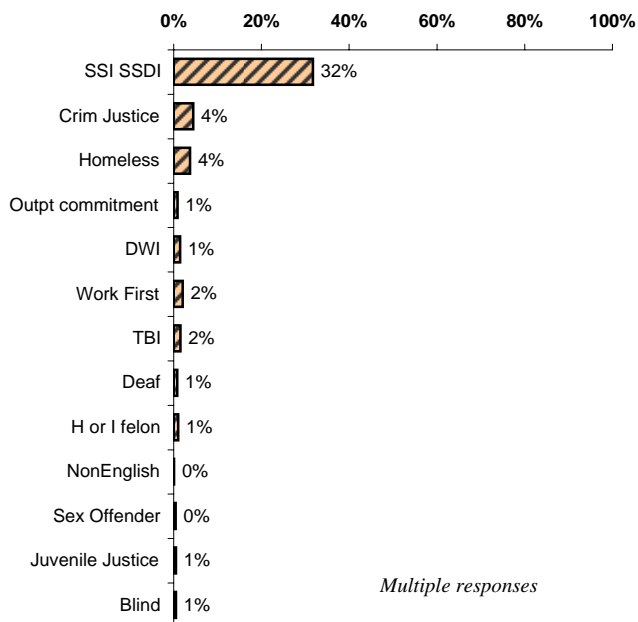
## 2-1: IPRS Target Populations



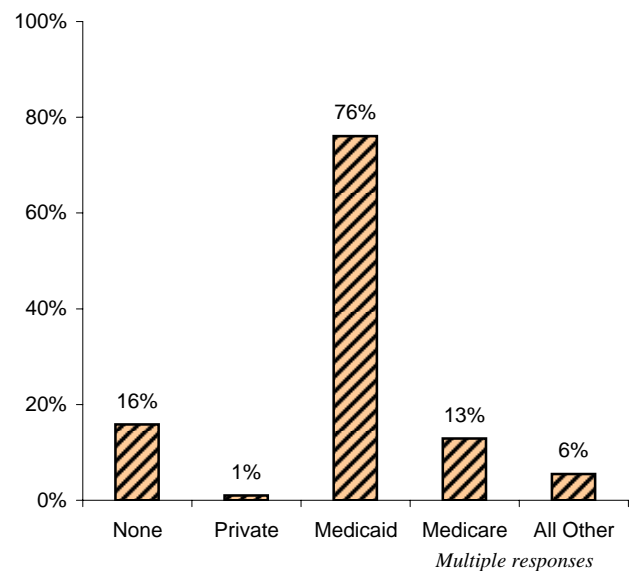
## 2-3: Special Programs



## 2-2: Special Populations



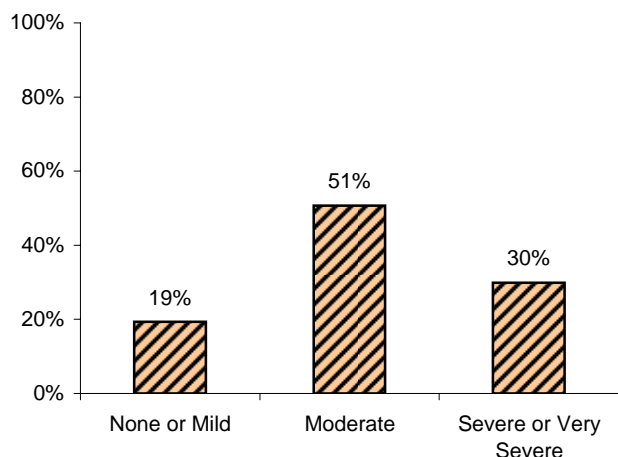
## 2-4: Health Insurance



**Note :** Refer to appendix for acronym definitions for all charts on this page.

Number of Initial Interviews: East Carolina = 1,707

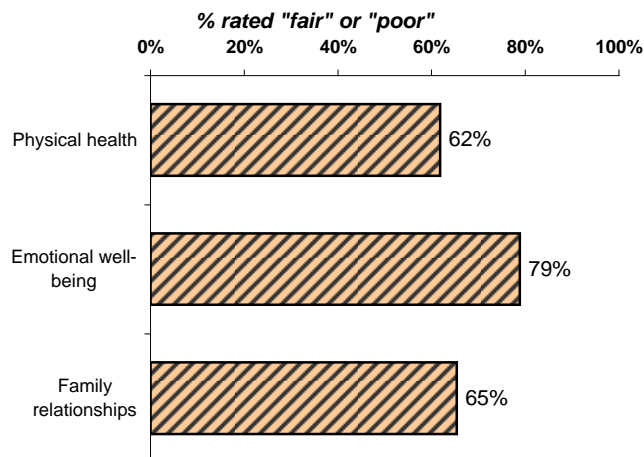
### 3-1: Severity of Mental Health Symptoms, Past Month



### 3-2: General Assessment of Functioning (GAF)

Among East Carolina consumers, the average GAF score was 45.5 and the median score was 45.

### 3-3: Consumer Ratings on Quality of Life



### 3-4: Experienced Violence

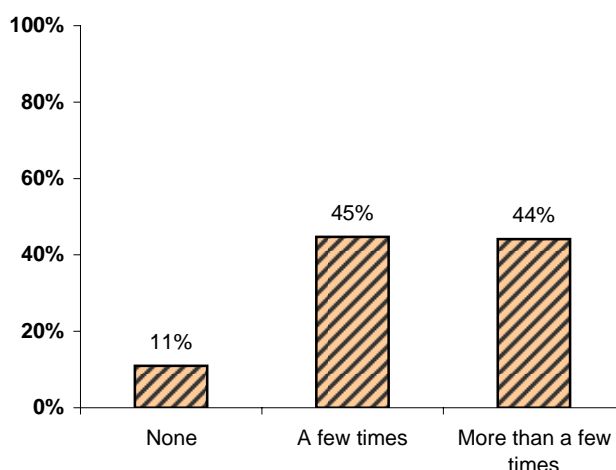
Physical violence, past 3 months	8%
Sexual violence, ever	14%
Sexual violence, past 3 months	1%

### 3-5: DSM-IV Diagnoses

Diagnostic Category	%
Major Depression	46%
Schizophrenia	22%
Bipolar disorder	13%
Anxiety disorder	11%
PTSD	8%
Personality disorder	4%
Alcohol Abuse	5%
Alcohol Dependence	9%
Drug Abuse	7%
Drug Dependence	12%

\* Only most commonly diagnosed conditions shown.

### 3-6: How Often Problems Interfere with Work, School, or Other Daily Activities, Past 3 Months



### 3-7: Lifetime Suicide Attempts

25% of East Carolina consumers have attempted suicide at least once during their lifetime.

### 3-8: Behavior Problems and Symptoms Expressed, Past 3 Months

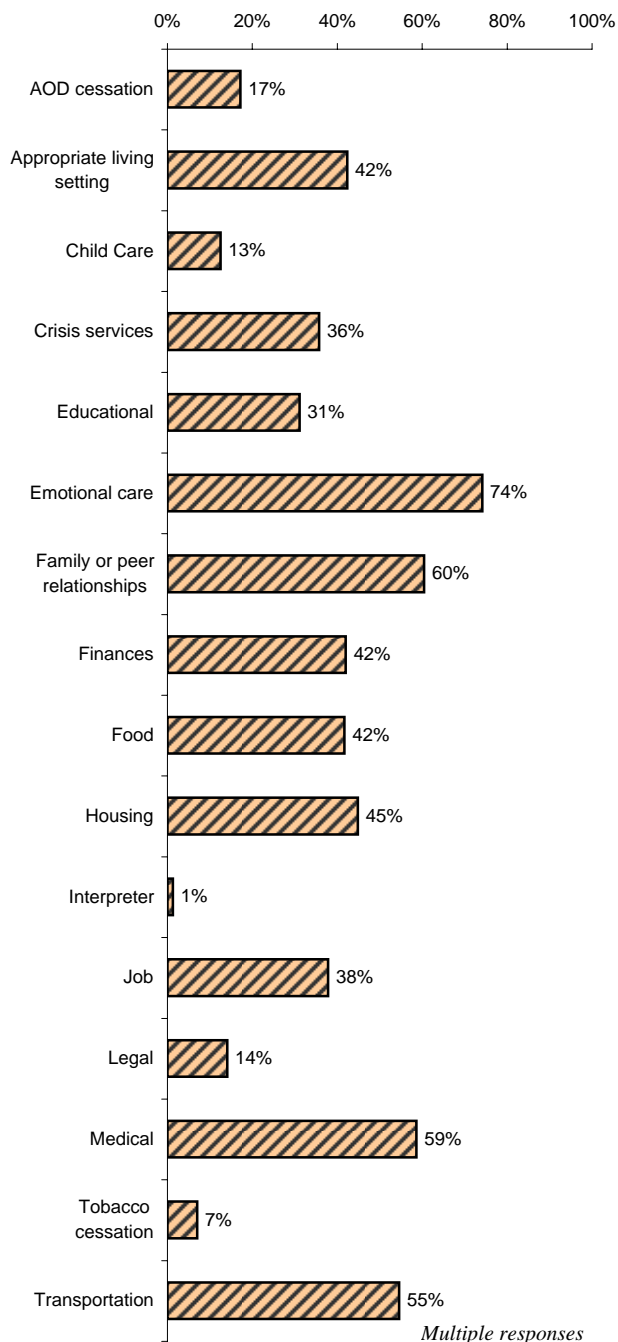
	%
Suicidal thoughts	26%
Tried to hurt or cause self pain	6%
Risky sexual activity	4%
Hit/physically hurt another person	8%



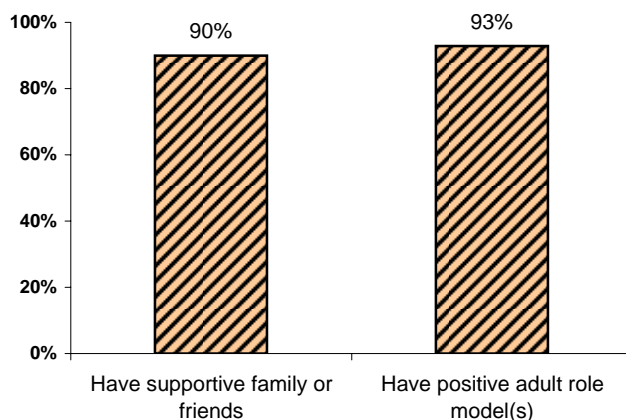
## 4-1: Public or Private Health Care Provider

Among East Carolina consumers, 75% report that they have a health care provider and 70% have seen their provider within the past year.

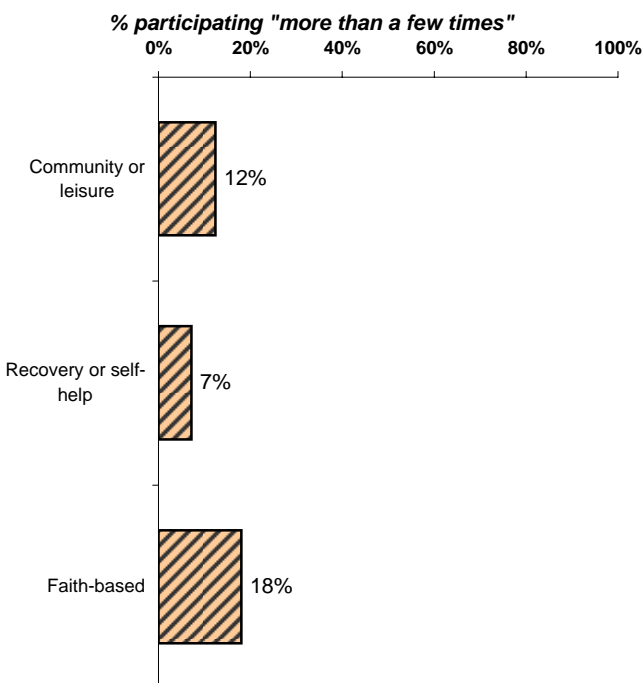
## 4-2: Service Needs Rated "Very Important"



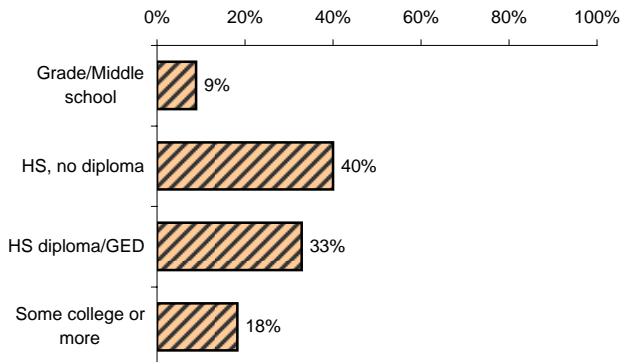
## 4-3: Support for Recovery



## 4-4: Consumer Participation in Positive Activities, Past 3 Months



**5-1: Highest Educational Achievement**



**5-2: Marital Status**

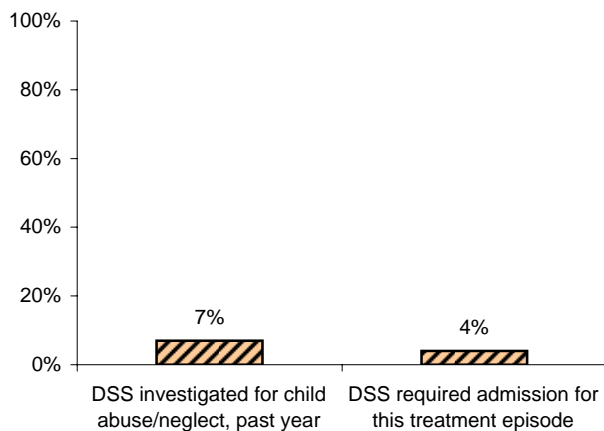
Never married	58%
Married or living as	13%
Divorced/Widowed/Separated	30%

**5-3: Children Under 18**

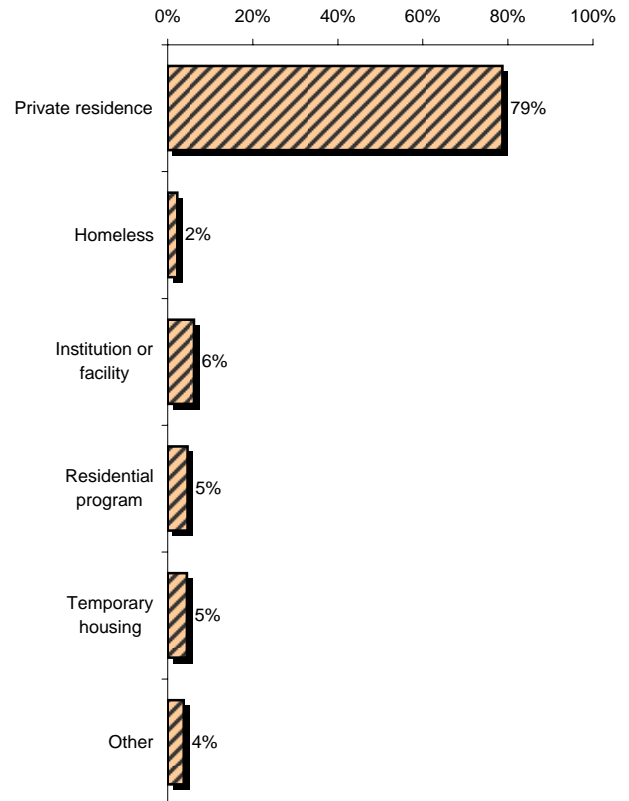
36% of East Carolina consumers have children under age 18.

<b>Of those with children...</b>	
Have custody of all children	64%
Have custody of some children	10%
Have custody of none of children	26%

**5-4: DSS Involvement**



**5-5: Where Lived**



Note: Of East Carolina homeless consumers, 23 were in shelters and 13 were not in shelters.

**5-6: Times Moved Residences in the Past Year**

No moves	58%
Moved once	25%
Moved two or more times	16%

**5-7: Pregnancy Status**

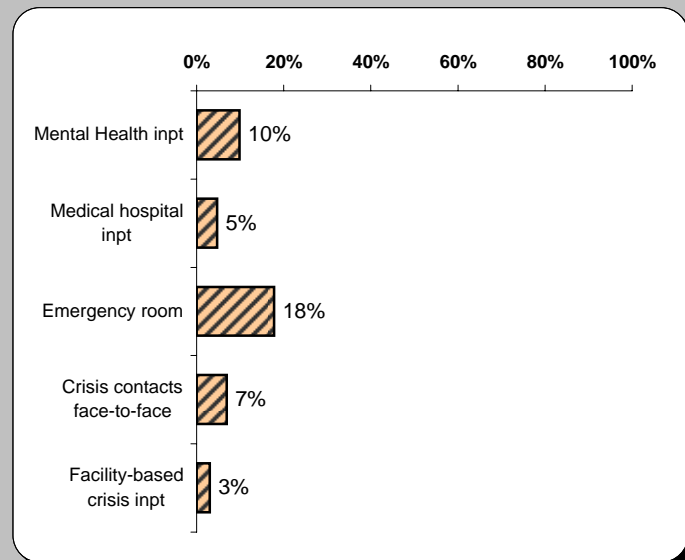
Number currently pregnant	37
Number uncertain about pregnancy status	9
Number in first trimester	10
Number in second trimester	14
Number in third trimester	11

Note: Numbers may not add, due to missing data.

## 6-1: Lifetime Admission for Inpatient Mental Health

33% of East Carolina consumers have had inpatient mental health admissions.

## 6-2: Health Care: Types of Services Received in the Past 3 Months



## 6-3: Employment, Past 3 Months

41% of East Carolina consumers are in the labor force meaning that they are working, or unemployed and looking for work.

Of those in the labor force...	
Employed full-time	12%
Employed part-time	18%
Unemployed (seeking work)	70%
Of those working...	
Supported employment	18%
Transitional employment	5%

## 6-4: Arrests Past Month

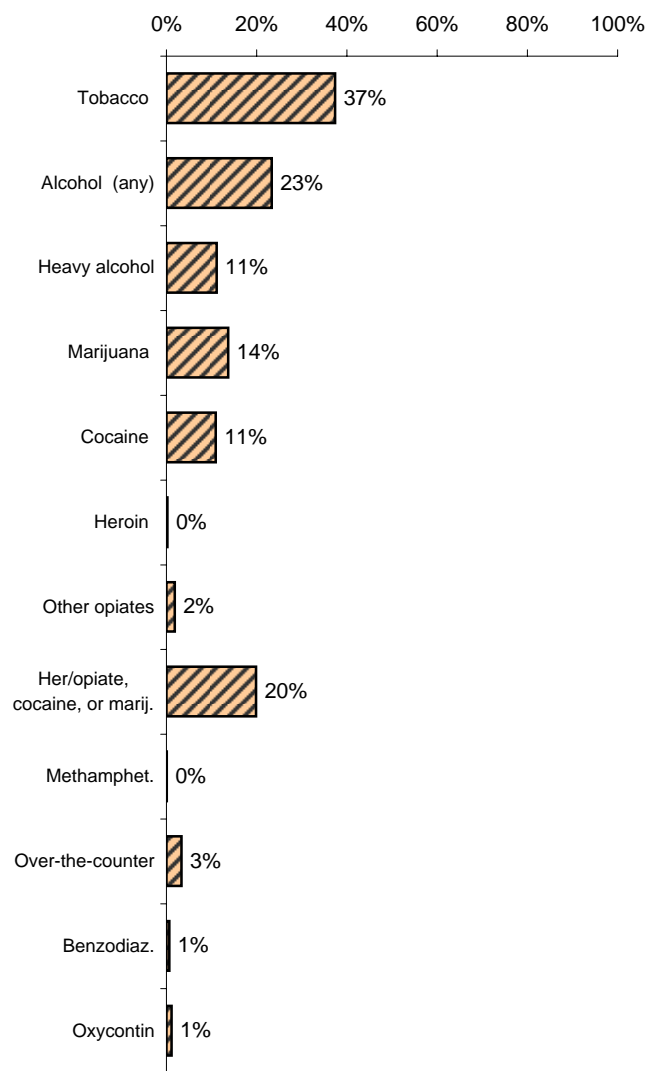
Any Arrest	3%
Misdemeanor Arrest	2%
Felony arrest	1%

## 6-5: Justice System Involvement

8% of East Carolina consumers were under correctional supervision at admission. The court or criminal justice system required treatment for 3%.

## 6-6: Self-Report Substance Use, Past 12 Months

Bars show % with any use



## 6-7: Cigarette Smoking

Overall, 36% of East Carolina consumers report that they smoked cigarettes in the past month and 15% smoked a pack a day or more.

## Appendix

### Adult Mental Health

### Acronyms and Abbreviations

Acronym or Term	Definition
ACT	Assertive Community Treatment
ADMRI	Target population: Adult with both mental retardation and mental illness
ADSN	Target population: Adult with Developmental Disability
Af American	African American
AMDEF	Target population: Adult MH consumer who is deaf or hard of hearing
AMOLM	Target population: Adult MH consumer receiving Olmstead services
AMPAT	Target population: Adult MH consumer who is homeless (PATH program)
AMSMI	Target population: Adult with serious mental illness
AMSPM	Target population: Adult with serious and persistent mental illness
AOD	Alcohol or other drugs
ASCDR	Target population: Adult injection drug user at risk for communicable disease
ASCJO	Target population: Adult SA consumer who is a criminal justice offender
ASDHH	Target population: Adult SA consumer who is deaf or hard of hearing
ASDSS	Target population: Adult SA consumer who is involved with DSS
ASDWI	Target population: Adult SA consumer who is receiving DWI offender treatment
ASHMT	Target population: Adult with a chronic substance abuse disorder
ASHOM	Target population: Adult SA consumer who is homeless
ASWOM	Target population: Adult SA consumer who is pregnant or has dependent children
Benzodiaz.	Benzodiazepine(s)
Buprenorph.	Buprenorphine
CASAWORKS	Residential program initiative designed to help substance-abusing women
Cauc.	Caucasian
Crim. Justice or CJ	Criminal Justice
CST	Community support team
Detox	Detoxification
DSM	Diagnostic and Statistical Manual (Edition IV)
DSS	Division of Social Services
DWI	Driving while Impaired
GED	General Education Diploma (High School Equivalency)
H or I felon	Class H or I felon (controlled substance) who applied for food stamps
Her	Heroin
HS	High School
IDU	Injection drug use(r)
Marij.	Marijuana
Med. Mgmt.	Psychiatric medication management services
Methamphet.	Methamphetamine(s)
Methamphet. Tx. Initiat.	Methamphetamine Treatment Initiative program
MH	Mental Health
Outpt. Commitment	Outpatient Commitment
PSR	Psychosocial rehabilitation
PTSD	Post-traumatic Stress disorder
SA	Substance Abuse
SSI/SSDI	Supplemental Security Income or Social Security Disability Insurance
TASC	Treatment Accountability for Safer Communities
TBI	Traumatic brain injury
Work First	DSS program for temporary assistance to needy families